

ShenBUQI® International

WuQinXi Daoyin

五禽戏导引



Shen Zhengyu

WǔQínXì DǎoYǐn

五禽戏导引

to the original publication
Animal Daoyin
Exercises of the BUQI system
Copyright © 2005 Dr Shen Hongxun
Buqi Institute International
Gent Belgium

Author:	Shen Zhengyu
Dutch text:	Theo Deceulaer
	Jef Mertens
	Jef Smits
English translation	Shen Zhengyu
Design cover:	JS - PdP - GoTr
Photography:	Jef Smits
	Roger Clijnen
	Shen Zhengyu

Copyright © April 2021, Shen Zhengyu, Edegem, Belgium
All rights reserved. This book may not be reproduced, either
in whole or parts of it, by photocopy or print or any other
means.

Table of contents

Foreword	11
Introduction	13
1 Body - Energy - Mind	119
2 Five Classics	17
2.0 The correct standing posture	20
2.1 Tiger	23
2.2 Monkey	34
2.3 Bear	46
2.4 Immortal crane	56
2.5 Deer	70
3 Eight Animals	79
3.1 Penguin	80
3.2 Birds	88
3.3 Rooster	90
3.4 Dog	91
3.5 Wolf	92
3.6 Cat	94
3.7 Horse	95
3.8 Dragon	96
4 Removing bìnqì	99
4.1 Bìnqì	99
4.2 Exercises	100
5 Some concepts	111

6	Huà Tuó	121
7	Dr Shen Hongxun	122
8	Shen Zhengyu	125
9	Bibliography	127

Foreword

Animal names and animal movements occur in all Taijiquan forms and fighting styles. Each animal stands for a certain characteristic movement and property depending on the intended features within the style and form. Sometimes even an entire system is dedicated to a single animal. It shows a human interpretation of the huge wealth of natural knowledge and wisdom of the animal world.

You can learn from all animals. But you don't need to become the animal. You do not have to go back in your evolution. But you can study, use and apply their innate knowledge and natural wisdom to promote the well being of yourself and your fellow human beings.

The true transfer of knowledge transfer takes place from mouth to ear and the direct information transmission between master and student. Physically doing and experiencing is the keystone. It is therefore highly recommended to follow training. This book is a reminder, a possible starting point or a reference book for further deepen and evolution, no endpoint.

I would like to express my gratitude to all those people who made the realization of this book possible.

Shen Zhengyu, Edegem April 21, 2021

2.1

Tiger

Hǔ 虎



2.1.1 Some preparatory exercises

- a) Get out of a chair at the table - Stand up
Support with both hands on the table. Place the legs in the correct position (angle upper leg and lower leg is 90 °). Bend the head slightly backwards. Look at the ceiling. Stretch your back to get straight. Come straight and use your shoulders to lift yourself up. Use your ears to pull yourself up.
- b) Stand up against a wall
Sit down on a chair facing the wall. Put your hands against the wall. Place the legs in the correct position (angle upper leg and lower leg is 90°). Bend the head slightly backwards. Look at the ceiling. Come straight and use your shoulders to lift yourself up. Use your ears to pull yourself up.
- c) Raising the arms - sitting on a chair
Rest with the elbows and palms on the table. Bend your fingers as if you want to grab something. Bring your hands up to shoulder height by raising the elbows. Try to raise your hands to above the head. Bring the elbows softly to each other so that the shoulder blades come apart.
- d) Facial expressions
Make different facial expressions and feel what's happening in your body. Look neutral, furious or smiling. Try to look at the same time angry with one half of your face and smile with the other half.

e) Eye movements
Look up, down, left, right. Make a circular motion with the eyes. Make an eight-shaped motion with the eyes. Do these exercises with open and closed eyes.

f) Observation of prey
Observe your potential prey with the highest concentration. You do not do this with wide-open eyes but rather with a pair of squeezed eyelids. You could almost kill the prey with your eyes. But you have patience. Not one movement of your prey escapes your attention.



g) Movement of the jaws
Imagine that you clamp the prey between your powerful jaws. Make bite movements with the lower jaw moving back and forth.

h) Make noise
Growl like a menacing tiger. Roar like an attacking tiger. Feel how the diaphragm vibrates.

i) Power in the claws
To get strong fingers you can practice push ups on four, three, two fingers.

j) Yawning
Yawn. Adjust the yawning-force during exhalation to the palms, soles of the feet and skin. Use this force to lead bìnqì through the meridians out of the body.



2.1.2 Tiger dǎoyǐn

- a) Take the correct standing posture.
- b) Bend the upper body forward and bend through the knees. The hands make tiger claws facing the ground.
- c) Slowly raise your arms while you get straight. Breathe in as vigorously as deeply as possible. Imagine picking up something heavy with your hands up to shoulder height. Place the teeth together with the mouth wide open at the same time. Look vigorously through wide-open eyes.

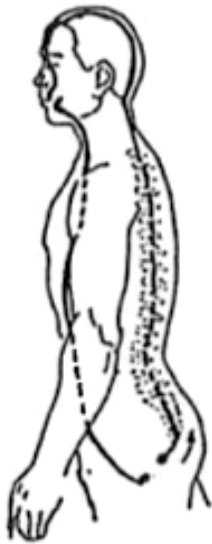


- d) Shake your arms vigorously while exhaling. The neck and the head can shake spontaneously.
- e) Move the whole body upwards. Continue until the whole body is stretched.
- f) Spontaneous movements may occur. Pouncing on a prey is deployed by the spontaneous movement that results from the small cosmic qì circulation (renmai-dumai). The clawing tiger strikes with mowing forelegs. The tiger can roar at that moment.
- g) Take the correct standing posture again and repeat the exercise.
- h) Shake the arms/hands and legs/feet for a long time after ending the tiger dǎoyīn.

2.1.3 Remarks

The tiger is a very powerful animal and an excellent hunter. He pounces on his prey with total commitment, determined with ruthless ferocity. But the tiger also has patience. You can only be successful if the force explosion happens at the right time in the right place and with just enough effort. A tiger is explosive but quickly tired. Recuperation is as necessary as strike.

When you raise the arms, try to bring them as high as possible. At the same time, the legs sink into the ground.



As you breath in, you pull up the perineum very lightly, causing the area between the navel and pubic (the lower abdomen) 'to fall' to the back. This allows you to raise energyforce through the back channel (DūMài). Place the tongue against palate behind the upper front teeth. As you exhale, lower the perineum back to the starting position and the lower belly returns to the front without swelling the belly. The energyforce descends in the front channel (RènMài). The small cosmic qì-circulation can take place (XiǎoZhōuTiān 小周天).

Spontaneous movements can take place. Allow your body to follow the movements of the dantians. Try by deploying mental power to direct the energyforce during these induced spontaneous movements in performing the dǎoyīn. The energyforce must follow the idea.

3.6

Cat

Māo 猫



White cat or black cat, catching mice only does the agile cat.

Studying a cat is the drilling of a bubbly inexhaustible source of knowledge and wisdom. They are born masters.

Some examples of their movements that you can include in your exercises:

- stretching the spine when jumping
- putting a high back on enemy encounters
- sitting neatly in a meditation-like posture, deeply relaxed and yet alert to the slightest danger
- making the purring sound to clean the respiratory system
- jumping away as a frightening reaction
- shaking the leg dry when accidentally stepped in a puddle



The bigger brothers of the cat are no kitten to tackle without gloves.

The perfect cooperation between the upper body and the lower body in combination with the use of the tail allows the cheetah to hit sharp corners even at high speed, thus outwitting his prey.

Shen Zhengyu 沈征宇



Shen Zhengyu (Xinjiang ° 21-04-1965) is the son of Dr Shen Hongxun and Dr Xia Tingyu. In addition to traditional the Taiji training from father to son, Shen Zhengyu received Taiji training from his grandfathers Shen Derong and Xia Zixin. At young age, he became an assistant to his father, thereby acquiring profound knowledge in Taijiquan NanPai, Taijiwuxigong® and Traditional Chinese Medicine. After achieving a diploma assistant-physician specialization epidemiology at the Medical Advanced School Chongli XinJiang, he worked for several years in this discipline. He specialized in Taiji Sword, TuiShou-pushing hands, TianShan-SanShou and developed the Taiji NanPai Stick form. In 1991, he became a recognized Qìgong teacher and was elected as a member of the Qìgong Federation and Body Movement Shanghai, Luwan District.

Since 1992 he works as an independent taiji teacher in Belgium. He is also the founder of the Taiji Centre vzw and *Shen*BUQI® International. After the lineage recognition he received intensive guidance, supervision and support and entered in the footsteps of his father. As a lineage holder he focuses on the further development and dissemination of the by Dr Shen Hongxun developed BUQI® healing system. In addition to the weekly classes in Belgium, Shen Zhengyu also teaches Taiji NanPai, Meditation, Qi-Daoyin, Taijiwuxigong® and BUQI® courses in Belgium, France, the Netherlands and Norway.

Taiji NanPai includes Taijiquan37 short form, Taijiquan108 long form, TaijiSword52, TaijiStick, TuiShou and SanShou.

Qi-Daoyin is the collective name for YiJin Daoyin, Golden Dragon Daoyin, LyingDaoyin, Five Animal Daoyin and Six Sound Daoyin.



Huà Tuó - Monkey dǎoyǐn

ShenBUQI® International
Taiji Centrum vzw
Tweebunder 12
2259 Edegem, Belgium
Tel. +32 (0) 475 810 620
zhengyu1965@gmail.com
www.shenbuqi.com
www.buqifrance.fr
www.taijicentrum.org

好猫。

Five Animal Daoyin

WiQinXi Daoyin

白猫或黑猫，
捉住老鼠就好猫。

White cat or black cat,
catching mice only does the agile cat.